

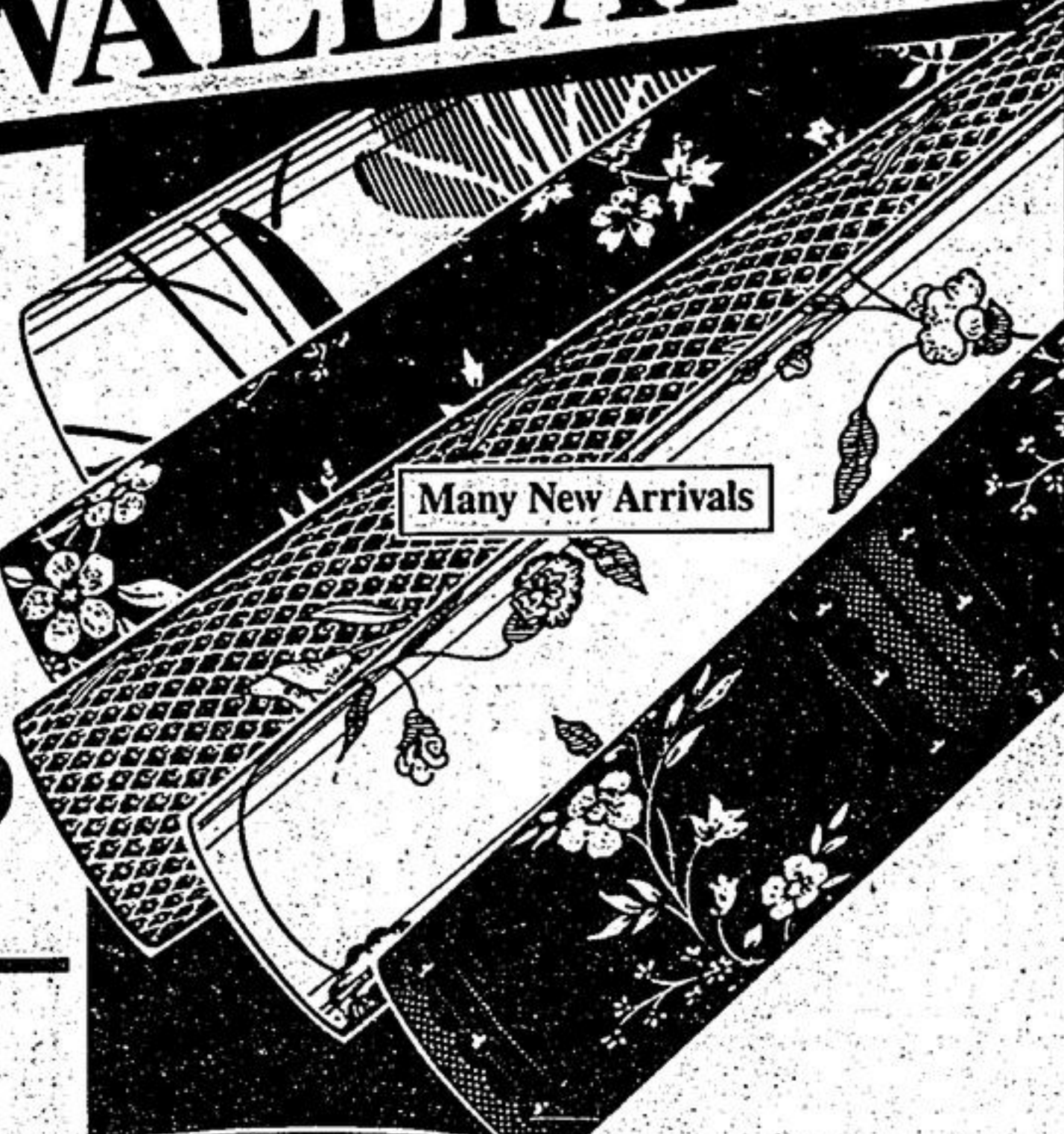
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# Town carnival time set for Feb. 13, 14

By BRUCE STAPLEY

Time to yank the old ball glove out from under the moth balls, dust off the clubs in the basement, check your supply of tees, and pray it doesn't rain. Snow, maybe. Rain, no.

It's almost time for the annual event that has the rest of the world wondering about the long-range effect of Stouffville water on the sanity of local residents.

Stouffville will be the location of the 3rd annual Whitchurch-Stouffville Sno-Pitch Winter Carnival Feb. 13 and 14; definitely not just another winter fair.

Ever since the Stouffville Royals baseball team participated in a winter ball tournament in Orillia three years ago, they've been hooked on the idea. Thanks to their unlimited imaginations and willingness to commit their time and efforts, the whole town has been the winner.

According to the Royals' Blair Emmerson, brother of town councillor Wayne, they've set themselves the lofty goal of improving the carnival by 20 per cent each year.

"The key," says the event's coordinator, "is to get enough people interested they'll volunteer to help out."

"We need manpower for set-up and take-down (of the carnival)," says Mr. Emmerson. "We've got the service clubs involved, but even if people aren't involved, we

just want them to come on down and help beat the February blahs."

With the impressive list of events planned, one thing is certain, nobody will be bored.

If all goes as planned, the ball tournament will include 14 teams. As usual, CFTR Radio will enter a squad, although their fearless leader of years gone by, 'Towering' Tom Rivers, is questionable. Rumor has it the morning man, who made a name for himself in this town by making verbal mince-meat of our very being, has sworn off sporting involvements, choosing instead to immerse himself in cerebral pursuits.

There is still room, for more teams, and Emmerson is encouraging all the funseekers in Stouffville, both male and female, to put together a unit to compete.

Baseball might be the carnival's main event, but it's by no means the only one at the carnival. There'll be snow golf, snow sculptures at the park, and ice sculpturing at the library, featuring some renown sculpturers from the Stouffville area.

Wind conditions permitting, the hot air balloon will rise this time. As well, there will be ATV (all terrain vehicle) races, hay rides, outdoor public skating where the old arena once stood, and hopefully, ice moto-cross racing.

Saturday's festivities include The Progress Club's pancake

breakfast in the morning, and a dance during the evening at hospitality headquarters, Latcham Hall.

The carnival's creative entertainment side will feature a barbershop quartet, and a talent contest, open to anyone with nerve enough to get on stage in front of 100 or more people.

Mr. Emmerson says his committee is wide open for suggestions. One event he would like to see someone organize is a broomball game, or possibly Summitview School set up a midway type attraction with games of chance. And despite many requests, Mr. Emmerson says there'll be no dunk tank. "We'd never be able to handle the lawsuits," he laughs.

Since early December, Mr. Emmerson and his gang have been meeting to organize the carnival, a time consuming task. And after all the Royals' involvement and community spirit, they won't be able to participate in the sno-pitch tournament.

"We're just going to be too busy running the carnival to play ball," he says.

Mr. Emmerson, who runs his own construction business with his father, says the idea behind the carnival is a simple one. "If you're sitting home worrying about what to do on a February weekend, then you've now got something to do."

## Depression followed first two births

Dr. Ed Meade is a registered psychologist and director of the Markham Stouffville Family Life Centre. In this column he answers questions from readers who remain anonymous.

Q. We have two children and are considering having a third (and final) child. The main thing holding me back right now is the postpartum depression. I was severely depressed for at least eight months after my other two were born. The frustration and anger is not directed at the babies but at my husband! I become so filled with resentment for him that it becomes almost a hatred. It seems that his life continues on normally while mine undergoes drastic changes.

A. As you can understand, this puts a terrific strain on our relationship, not to mention it makes me unhappy, emotional and miserable. I am so afraid that it will happen again. Is there any chance it might not happen this time? How do I avoid it?

A. Quite often, postpartum depression is picked up by the obstetrician and referred for psychiatric consultation. It may be that you were masking or hiding your depression from the attending physicians. If this be the case, you might talk with your family doctor or with your obstetric specialist and tell this person about your fears regarding postpartum depression.

You may feel placed in a difficult position, having such powerful feelings about your husband. At the time you need him the most, you're seeing him through the eyes of anger and resentment. No wonder then that you fear a third pregnancy.

Would you feel more confident if you were to discuss this issue more directly with your husband? Is this a pattern of avoidance in communication?

When a woman becomes pregnant the fetus becomes part of the woman's body, so that as the woman loves herself, so she will love herself in her pregnancy. If she fears her pregnancy, it may tend to reactivate infantile feelings of love/hate towards the mother/self. When this occurs, the child may be seen as an aggressor, devouring the self and even endangering the life.

This may lead to postpartum depression.

The same attachment and partitioning is not experienced by the father. Sometimes even the fear of responsibility or his lack of knowledge of the birth process brings about a distancing, blasé experience. He may be out with the boys more, thus increasing the effect.

I believe that psychologists and physicians are more aware of this harmful spiral and are actively including the father in the pregnancy, birth and postpartum life of the child.

Television probably reflects the attitudes of society as much as it creates them. A decade or so ago, the husband and father was typically portrayed as a silly incompetent who somehow or other bungled through fatherhood.

In your situation, it may be that some of these attitudes are present and you have a good deal of work to do in communicating with your husband.

Consult with your physician and get a well-qualified person with whom to discuss your concerns.

Q. A guy I go to school with has me worried. I'll be talking to him and all of a sudden I'll realize he's not with me. For maybe 30 seconds up to a minute or two he seems to blank out. I'll ask him a question and he doesn't reply - he just stares into space. After a little bit he tunes in again and acts as if nothing has happened. I asked him about it once and he made some joke and laughed it off as if it was my problem. What could be causing this? I'm pretty sure he's not into drugs.

### A friend in Meade

Dr. Ed Meade



A. I am aware of the kind of observation you are describing. I think all of us tune out from time to time and probably some of us tune out more often during periods of stress or fatigue. When our energy is productive, there is an aware, sensitive interplay between our mind's cognitive functioning and the extra-mental perturbations passing through the bodily senses.

When we have a problem, sometimes our mind focuses its energy on the inner dialogue, hence tuning out that which is outside the mind. Thus, we may be attending to our imagination or memory as a way of attempting to solve our problem.

If your friend is doing this a lot, it may mean a more serious condition. If for instance he is developing a blank looking stare, this type of behaviour, if frequent and extended, could be a precursor of schizophrenia and should be brought to the attention of a teacher and/or guidance counsellor. It may mean the youth is in need of psychiatric consultation.

I assume that you are a high school student. I believe adolescents are deluged with new social experiences and are in the active process of finding out who they are. It is a stage then, when what you are describing with your friend, happens more frequently.

When this occurs in a social situation such as you describe, we are usually jarred out of it by some kind of social affront, often attended with humor - like snapping the fingers and inquiring "Anybody home?"

Dr. Meade welcomes your questions. If your response is published, name and identity will be withheld. Questions should be directed to the Markham Stouffville Family Life Centre, 113 Main St. Markham.

### Newcomers Club

Markham/Unionville Newcomers Club will host a Treasure Auction at their next monthly meeting, Monday, Feb. 8 at 8 p.m. at Participation House. Mayor Carole Bell will serve as auctioneer.

Club members are requested to bring in items for auction. Each item should be marked with a minimum bid. Upon selling the auctioned item, Newcomers will take 10 per cent of the selling price which will go to charity, while the owner keeps the rest.

Markham/Unionville Newcomers is open to women who have moved to the area within the last two years and offers a variety of organized social groups to join, including, bridge, tennis, skiing, golf, Supper Club, Theatre Club, crafts, babysitting co-ops, etc.

For further information concerning the upcoming Treasure Auction or Newcomer's Club activities phone Chris Prefontaine at 471-4624, Barb Scott at 479-3834 or Michelle Peacock at 479-0175.

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